

CORE • ELEMENT ONE

Week 2 of 5

The Lessons of the Stars

If the pressure of the world overcomes me, I live a **reduced** life.

If the pressures inside me are mishandled, I live an **explosive** life.

But Jesus said:

... *I have come that they may have life, and have it to the full.*

John 10:10

If my **CORE** is in line with God's created order, then I will have a **full** life!

THERE ARE FOUR ELEMENTS YOU NEED IN YOUR CORE TO LIVE THE LIFE GOD BUILT YOU FOR.

CORE ELEMENT ONE: **GOD**

NOW, SOMETHING JUST HAPPENED, DID YOU NOTICE? SOME RELAXED / SOME WERE DISAPPOINTED / LIKELY NO AWE • WE TAKE GOD FOR GRANTED • ALMOST LIKE THE AIR

ELEMENT ONE COMMITMENT

God is my **air**.

ANCIENT GREEKS THOUGHT THERE WERE FOUR ELEMENTS • LET ME SHOW YOU SOMETHING

... *the LORD God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.*

Genesis 2:7

**GOD IS THE SOURCE OF ALL LIFE • ILL: KITE-MAKING
GOD IS THE AIR AND WITHOUT HIM, WE ARE NOTHING AND CAN DO NOTHING**

Jesus gave them this answer: "I tell you the truth, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does."

John 5:19

[Jesus] I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing

John 15:5

TO LIVE A FULL LIFE, IT BEGINS AND CONTINUES WITH THE BREATH OF GOD

LEARNING TO BREATHE

❖ Fully understand your **need**.

PRACTICE WITH PEOPLE HOLDING THEIR BREATH // CHARLIE ASKED ME WHAT IF YOU FORGET

For in him we live and move and have our being...

Acts 17:28

But there is a problem—your sins have cut you off from God. Because of your sin, he has turned away and will not listen anymore.

Isaiah 59:2 NLT

❖ (Inhale) Receive all you can **get** of **God**.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

2 Timothy 3:16

Jesus answered: "Don't you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father..."

John 14:9

GET TO KNOW THE WORD, GET TO KNOW THE SON

❖ (Exhale) **Confess** and **release** all the waste.

...let us throw off everything that hinders and the sin that so easily entangles...

Hebrews 12:1

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me."

Matthew 16:24

BE BORN AGAIN • JOHN 3:3-7 • THE WIND BLOWS WHERE IT PLEASES

❖ Do it **Today**! Do it **Tomorrow**!

LCC WILL HELP YOU BREATHE

- ❖ Each Sunday, we will remind you of your need for God and inspire you with how God meets that need by relentlessly pointing you to the cross and the Bible.
- ❖ Starting in February, we'll spend 10 weeks studying the nature of God and our relationship to him.
- ❖ Throughout the year, we'll have special groups, classes, and events to help you solidify your commitment to God.
- ❖ Baptism and Commitment on February 7.